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Have you seen my sister?

By Irkar Beljaars

When I was growing up I thought it was hard being someone of mixed heritage, I thought no one understands how hard it is to grow up off rez. For years I thought like that, the us-versus-them mentality, never realizing that folks had it much harder. Being a young man you never really appreciate the beauty in life until it's gone.

The path I walk now began when my mother died. My mother was a great artist, a good mother and a Mohawk woman but it wasn't until a few short years ago that I truly understood what that meant.

I first came across the story of missing women two-and-a-half years ago when I did a story on the Highway of Tears for Native Solidarity News. Being curious and wanting to learn more about this issue, what I found were stories of women vanishing at alarming rates all over the country. To find out more I contacted the Native Women's Association of Canada and that's when I heard about the Sisters in Spirit initiative. Wanting to do something to help, I set up the vigil in Montreal in hopes of raising awareness.

Since then the Montreal Vigil has only grown and so has awareness about the problem which only seems to be getting worse. Maisy Odjick and Shannon Alexander are the latest to disappear yet I see no Amber Alerts for either of them, why is that?

In Canada it seems that only people of certain status and ethnic background get the best service. There are literally hundreds of missing or murdered Aboriginal women and girls in this country yet where is our justice system? I do not understand why has it gotten so bad? Why are Native women such easy targets and why is this issue not taken seriously?

When my mother was 18 she was gang-raped by five men in Montreal's East End; they left her broken and bleeding. She died never knowing true justice. Those guys are probably still walking around free as birds. When people ask why this has continued to go on, all you have to do is look at Ottawa for the answer.

"I believe there is no empirical evidence to suggest that there is discrimina-

tion against Aboriginals in the justice system," states Stockwell Day, the Minister of Public Safety. With a comment like that what do people expect, here is a politician who seems educated making a very ignorant statement!

Ignorance is definitely at the heart of the problem, the media reports on us whenever a bridge or highway is blocked off. They focus on the radicals because that's newsworthy. But a young girl who sells her body for crack and who eventually kills herself because of too much abuse or neglect doesn't even get a sound bite.

So when a young Native woman goes missing don't expect to see much of it on the news because it isn't important. Which begs the question what do we do? How do we fight to bring attention to this issue when the people holding all the cards are making all the rules?

Vancouver serial killer Robert Pickton was just the tip of the iceberg and his convictions were only a fraction what he really did. There are dozens of Picktons out there preying on women but the justice system isn't doing a damn thing about it. The fact of matter is no one wants to hear about it. No one wants to hear about a sex worker, drug addict or homeless person dying or going missing when it concerns Native women.

What we need to do as a people is become stronger, tear down these stereotypes and show the world that we're not going to be a target anymore, that we're never going to give up no matter how much our politicians and media ignore this issue. I hope that with every vigil that we hold we can bring this issue to light. We must rediscover ourselves!

The Cree have a saying that a child is not raised just by his/her parents but by the whole community and that's what we need to do. We need to fight for our children, our communities and most of all ourselves!

Too many have gone missing and that needs to stop now!

Native Solidarity News with Irkar Beljaars can be heard Tuesday nights from 6 to 7pm on 90.3fm and at www.ckut.ca.

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on the cover:
Willy MacLeod,
Jack Blacksmith and
Albert Diamond

photo by:
Will Nicholls

Succeeding in a tough world...

By Sonny Orr

I recently attended a conference centering on excellence in economics; learning from, teaching to and awarding smart people; winning big one small step at a time, that sort of stuff. All that, condensed into four short days – albeit they sure felt like four long, long days. What surfaced is something you don't hear too often these days, youth gaining from the hardship, pain and other problems that many of them face today, and turning into winning and excelling in business. These are some of their stories.

One storyteller talked of past days when going to prison was the thing to do. Stealing, drugs, jail time, you name it, this young man learnt his lesson and called it quits. His friend, Dakota House of North of 60 fame, drives up in his new car. "Wow, where'd you steal that from?" queried the then-known thug-turn-star to his beaming buddy. "Didn't. Paid for it in cash from work on TV."

That incident turned the young man into an actor and before you know it, he's battling against Superman in a Smallville episode. He looked pretty awesome as the bad guy and looked just as strong as the teenaged Superman, if not stronger in real life, and now he even has his own agent and manager.

Whoah, someone's catching up to our reigning leading man, Adam Beach, maybe we'll see a battle in some sci-fi action flick? Who knows? But he admitted that it is hard work and you have to keep in tiptop shape, as all roles call for you to be in shape, and dress cool, just to drum up business. Well, anyways, he came from a troubled background to battle for our hearts and minds on prime time TV. Who could ask for anything better as a success story?

The thing was, actor Nathaniel Arcand introduced the distinguished youth panel on economic development and the real fireworks started. The first young'un to come up touted the success story of snowboarding as a lifestyle, and how much cooler can you get as a career? Not

much, and his rags-to-better-rags story enabled other snowboarders with attitude to come together on common ground, somewhere on a snow-topped mountaintop near Whistler, where they can fly back down to earth on clouds of snow and communicate with the elements at par with long-lost Nordic gods (of the Alps) or other ethereal entities.

All this, of course, bettered many lives and is now a thriving business, looking eastward to the Laurentians for other Aboriginal boarders with bad attitudes and out-of-sync with the world. Again, another incredible story of doing what you want to do in the right environment and making something out of nothing.

The next two gave us two different perspectives. One was a victim of drug abuse on the streets of Vancouver who rose above that to become a notable fashion stylist. His story, much more pained than the others, told us about the bad times in his past. But he didn't dwell on that much encouraging others to do the same, to come out of a negative predicament and move on one of business success. It was truly inspirational.

The other shared his tale of how he came to be a successful person in helping those in need of chronic care. He told us he learnt those attributes while clinically caring for his mother, who eventually passed on. His story continued in his caring for those who couldn't care for themselves. Again, he was another one who had overcome personal tragedy and hardship to rise above and succeed.

Our own local contender spoke of his limitations, his education and his dealings with personal hardships. He explained his intentions to expand and adjust to the current trends in the price increases for fuel and transportation and how his love of the land keeps his outfitting business going for record-breaking trout and other creatures of the deep.

All in all, true stories of people who just don't give up and lose, but keep going and win.



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A. Vermin, X. Kat Killer,

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PHOTOGRAPHY

N. Demon,

W. Ni' Kills, D. Vlad The Impaler

DIRECTOR OF FINANCES

Linda Ludwicked

SALES REPRESENTATIVE

Danielle Invalade

PRODUCTION COORDINATOR

Claire MacKillin'

LAYOUT

R. "Scary Bunny" Lawson

THANKS TO: Air Creebec

WHERE TO REACH US:

POSTMASTER:

The Nation PRODUCTION OFFICE

4529 CLARK, #403

MONTREAL, QC., H2T 2T3

EDITORIAL & ADS

TEL.: 514-272-3077, FAX: 514-278-9914

The Nation HEAD OFFICE

P.O. BOX 151, CHISASIBI, QC. J0M 1E0

www.beesum-communications.com

E-MAIL ADDRESSES:

Editorial: nation@beesum-communications.com

news@beesum-communications.com

Ads: ads@beesum-communications.com

Classifieds: beesum@beesum-communications.com

SUBSCRIPTIONS

INDIVIDUALS & INSTITUTIONS:

\$60 PLUS TAXES

US: \$90

ABROAD: \$110

PAYABLE TO BEESUM COMMUNICATIONS

PRINTED BY IMPRIMERIE LEBONFON

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PUBLICATION MAIL #40015005

ISSN #1206-2642

The Nation IS A MEMBER OF:

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CONTROLLED PUBLISHERS,

MAGAZINES CANADA

QUEBEC COMMUNITY NEWSPAPER ASSN.

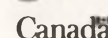
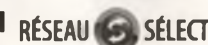
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We acknowledge the financial

support of the Government of Canada through

the Canada Magazine Fund toward our editorial costs.



Asking for government respect

Riot police used brute force to dismantle an Algonquin roadblock at Barriere Lake despite the presence of children and Elders

By Amy German

Feeling as though they had no other recourse, at around 6am on October 6, community members from the Barriere Lake reserve blockaded Highway 117 in a last-ditch effort to get their message heard to implement an already-signed trilateral agreement.

The agreement, a 1991 deal between the federal and provincial governments and the Algonquins of Barriere Lake, was supposed to see integrated resource sharing on and environmental protection for the reserve's 10,000 km² traditional territories.

That morning a crowd of approximately 75 community members, including 44 children, along with 20 non-Native supporters, set up a barricade on the 117 near Grand-Remous, where the highway joins du Lac Rapide Road in La Vérandrye wildlife reserve.

The peaceful protestors placed themselves between a barricade of logs and a series of manned lock boxes, devices comprised of 50-gallon barrels filled with heavy materials and PVC tubes that the protestors locked their arms into using an internal mechanism.

"I was hoping that there was going to be a peaceful resolution," said Joel Klassen from the Aboriginal Justice Team for the Christian Peacemaker Teams, a non-partial observer team that was called in to observe the blockade for human-rights violations.

The protestors communicated with the police, made their demands to communicate with the government about the implementation of the agreement and then let the police know that they had no intention of leaving without communicating with the government.

Canada's response to the protest however came in the form of brute force as a brigade of 60 Sûreté du Québec armoured riot police were sent in to dismantle the barricade. As soon as the media who were there to cover the protest moved away from the barricade, the squad moved in.

As the riot squad made their formation, tear gas was launched into the crowd with one can hitting a handicapped 17-year-old girl in the chest. As the squad advanced, the protestors retreated from the road into the Barriere Lake reserve. According to Klassen, the police were very quick to deploy the gas on the crowd, despite the fact that there were a large number of children and Elders present, a tactic that has the CPT organization very concerned.

Then, to remove the individuals manning the lock boxes, the riot squad officers used pain-compliance techniques.

"I could see them holding the heads of those people from behind and you could tell that it looked very painful what they were doing. At a later point they put blankets over the heads of some of these people so it could not be seen what was being done to them. It reminded me of Abu Gharaib," said Klassen.

In the meantime, the children present were witness to the apparent torture techniques being used by the riot squad.

By 4:30pm the barricade was down and access to the reserve and the nearby forestry companies was restored.

According to Michel Thusky, community spokesperson for Barriere Lake, "We had no other choice to erect the barricade despite the many attempts and efforts to get the federal and provincial governments to honour their agreements with our community and to respect our customary leadership."

Though the community and both governments signed the agreement in 1991, Thusky is claiming that "government meddling" has prevented the implementation of the deal by ignoring the reserve's customary leadership and siding with smaller faction leadership groups from outside of the reserve.

In 1996, the small faction group, with the support of Indian and Northern Affairs, collected signatures for a petition to take over the reserve's leadership via



selection by petition. The faction group, who were then banned from the reserve, let the agreement, which would have seen revenue sharing from the multi-billion dollar forestry for the community, fall to the wayside.

In 1997, Barriere Lake's customary leadership was restored by Quebec Superior Court Judge Réjean Paul, though Thusky said that this was by no means the end of government meddling. In 2001, the government pulled out of the trilateral agreement again and began to favour minority groups within the community. Though Paul mitigated again in 2007, concluding that the opposition to the leadership was small, the same faction groups conducted another leadership selection in January 2008, this time garnering government recognition.

All the while, those in Barriere Lake have suffered tremendously, subsisting without sufficient government transfers and without hydro electricity, a provision that the trilateral agreement would have also made possible. The living conditions within the reserve have frequently been compared to that of the developing world.

"My father told me not forget my identity, to speak our language on our land and respect the land and the wildlife on it," said Thusky who is looking for nothing more than to ensure the survival of his people.

Neither during nor since the dismantling of the barricade have the people of Barriere Lake received their desired communication with the government in regards to the implementation of the trilateral agreement.



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The George River is saved

Quebec turns another 1.07 per cent of its land into an environmentally protected area bringing the provincial total to 7.07 per cent

By Amy German

Forestry, mining and hydroelectric developments will be now prohibited in a new 9,200-km² protected zone between the George River Valley and the Monts Pyramides mountains. Monts Pyramides itself will become a park.

The announcement was made by Quebec Premier Jean Charest and Environment Minister Line Beauchamp in a press conference on October 7.

This is part of Quebec's mandate to turn 8 per cent of provincial lands into protected areas before the end of 2008. With this recent announcement of adding 1.07 per cent, the provincial total stands now at 7.07 per cent.

"Personally I think that this is awesome. I am from George River and when I heard about this it was very good news for me and the population in the region," said Annie Baron, a management trainee under Parks and Renewable Resources for the Kativik Regional Government (KRG).

Though Hydro-Québec had been conducting studies on damming the George River to generate 3,100 new megawatts of electricity under the 2002 Sanarrutik agreement, the projected plan will not go through.

When Hydro-Québec released its 2004-08 strategic plan it was revealed that damming the George River would most likely be too costly of an endeavour in comparison to the Rupert River.

The KRG could not be more thrilled with the announcement as it has been vying to get protection for the land when the Sanarrutik agreement, a deal between the Makivik Corporation, the KRG and Quebec, also opened up the possibility for protected land and park creation.

Prior to the agreement 11 areas were selected as potentials to become protected areas or parks. Created in January 2004, the Pingualuit National Park was the first one of these projects, which officially opened in November 2007. The second project created under the mandate is the Kuururjuaq park near

the northern tip of the Quebec-Labrador Peninsula.

Both parks have international recognition and protection from development.

Baron said that hopefully the status of the George River Valley will eventually change from protected area to National Park. With a national park status the land would have hunting and fishing rights restricted to the Inuit. In a protected area only resource development is banned.

The George River is Quebec's only untouched river to date and is a source of both salmon and Arctic char while the valley region is home to the 385,000-strong George River caribou herd.

The valley also includes the Hutte Sauvage Lake archeological site, which is an area of convergence for the Innus, Naskapis and Inuit in the region.

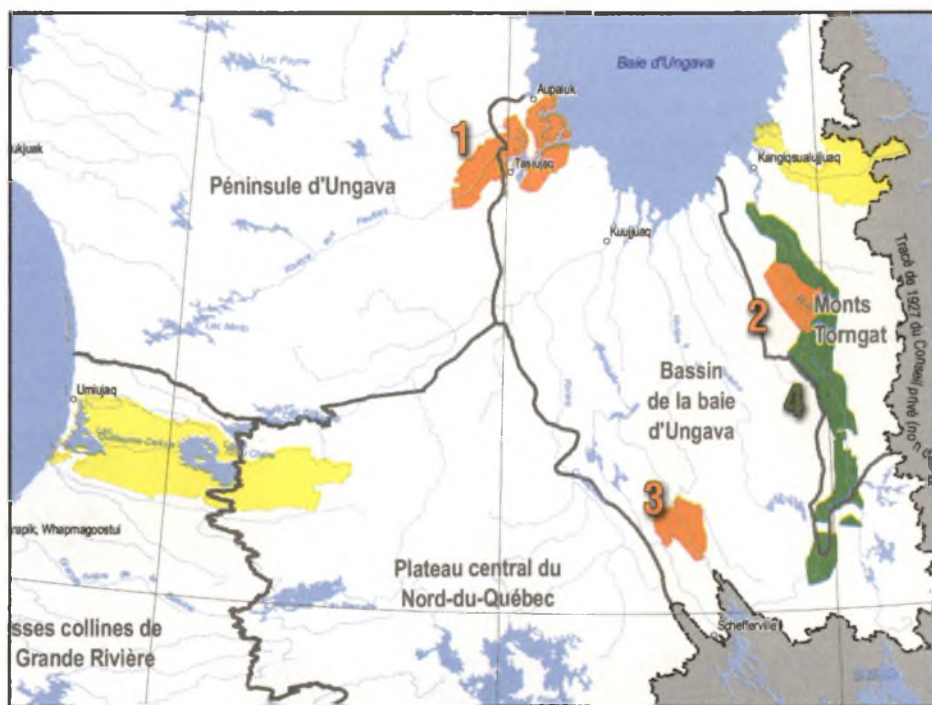
In time the KRG is hoping to see a great deal more of its surrounding areas protected.

"We are working on two right now and probably in the near future we are going to work on the others," said Baron.

During the same press conference Beauchamp and Charest announced that the 3,868-km² Baie aux Feuilles estuary, with 17-metre-high tides on Ungava Bay, and the 1,659-km² des Collines-Ondulées site, located near Schefferville, would become new protected parks.

New Protected Areas

- National Park Reserve**
 - 1 Baie-aux-Feuilles 3868.1 km²
 - 2 Monts-Pyramides 1934.8 km²
 - 3 Collones-Ondulées 1659.5 km²
- Territorial Reserve for Protected Area**
 - 4 Rivière-George 7282.0 km²
- Geographical Regions**
- Protected Area**
- Private Land**



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New Chairman for the Cree Health Board

On October 14, it was announced that James Bobbish was the new chairman for the Cree Health Board.

Bobbish squeaked by his opponent John Matoush in a hotly contested run-off election. Bobbish garnered 50.5% of the vote while Matoush picked up 49.5%.

"It was a very close vote," said Bobbish, "which means that all voters need to be acknowledged and that everyone's views should be listened to in developing our health program."

Bobbish already has much experience within the CHB and has contributed in many areas of health issues over the recent years.

"My long-term goal as a leader, in collaboration with the members of the Board, is to develop a strong Cree organization that will become a key partner with other Cree entities in building a stronger Cree Nation," said Bobbish.

Foster Home Sought

Nine-year-old Sarah and seven-year-old Sophie are Cree siblings who are in need of a respite foster home, one weekend a month, i.e. from Friday evening to Sunday evening. The siblings are very close, and play well together. Sarah is affectionate and shows it.

Sarah is very protective of Sophie who is followed very closely by the Montreal Children's Hospital, for a medical condition, which makes it necessary for her to be on a special diet and her fluid intake restricted. Caring for Sophie can be challenging, as she needs to be watched, to ensure she does not drink excessively. Sometimes, she gets up at night and will often drink water since her parents are in bed sleeping. Despite her medical condition she is remarkably full of life. Also, she is able to receive and show affection.

Ideally they require a two-parent Cree family; however, a single-parent family would be acceptable. Both Sarah and Sophie like being around other children

thus a family with children in the same age group would be well appreciated.

For more information about the siblings, call Batshaw Homes for Children at 514-932-7161, local 1179, and ask for Ms Garnett Forbes.



A still from *By The Rapids*

By The Rapids Cartoon

APTN is proud to announce that starting November 13 at 8pm, the network will start airing *By The Rapids*, a new Mohawk cartoon series geared at depicting the lighter side of life on a reserve.

The Mohawk-language show was developed by Kahnawake resident Joseph Lazare about his hometown whose name loosely translates into "by the rapids."

Described as "an animated comedy with attitude", APTN says the series is "a satirical look at what happens when a thoroughly urban teenager tries to integrate into the small Native community where his successful lawyer parents were born and raised."

The show's main character was inspired by Lazare's own experience of moving from Kahnawake to Toronto as a kid. However, the character's experience is the reverse of Lazare's since it is written from a Toronto perspective. Lazare went with the inverse because he said that he felt out of place as a child in Toronto but in terms of storytelling he didn't feel his experience would be that funny.

In a recent interview with CTV, Lazare said, "We're the type of people who laugh a lot at funerals. I think it's a weird thing where humour is a big part of our culture and community as

Mohawk people. I just don't see that even in films that are made now."

National Parole Board

On September 5, Public Safety Minister Stockwell Day announced two part-time and three full-time appointments to the National Parole Board, including one who previously worked as regional coordinator of the Cree Police. Jacques Letendre of Waltham, Quebec was appointed a part-time member to the NPB and comes to it with over 29 years of experience in law enforcement with the Sûreté du Québec.

Letendre has also work as the NPB's Director of Professional Ethics and has also previously served as the Chief of Aboriginal Community Services.

New Truth and Reconciliation Commission Director

After firing the interim executive director who the Assembly of First Nations originally picked to head up the Indian Residential Schools Truth and Reconciliation Commission, Aboriginal leaders are raising questions about the new executive director.

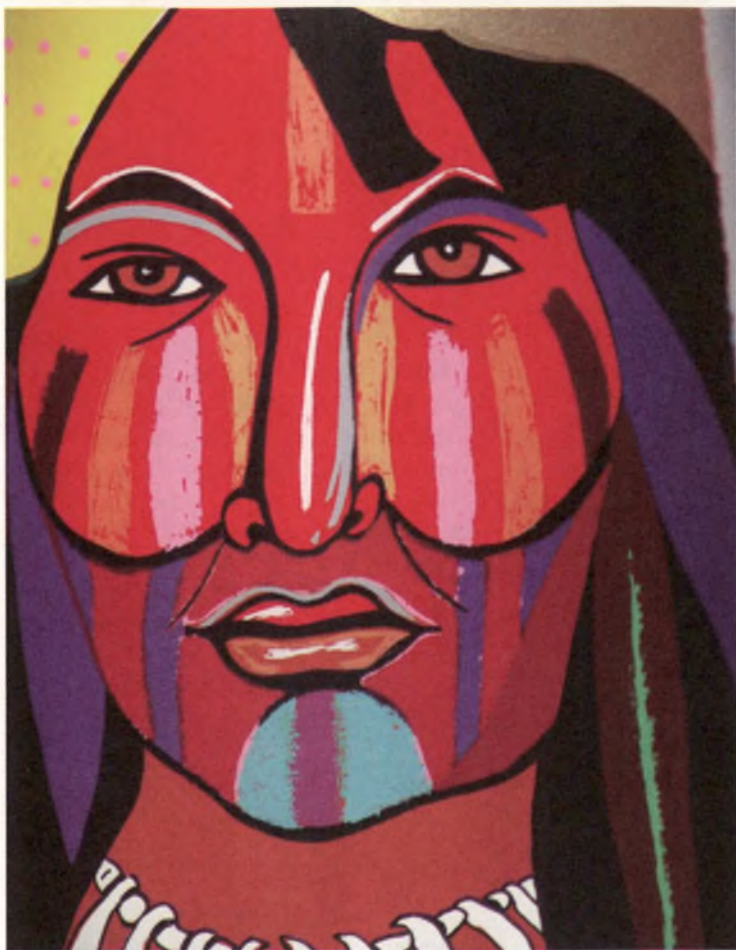
Aideen Nabigon, a federal government bureaucrat who previously worked on issues arising from the legacy of Indian residential schools, has replaced Bob Watts, the former chief of staff to the national chief of the AFN.

Though Watts hails from the Mohawk and Ojibway Nations in Ontario, Nabigon has only treaty status.

The Union of B.C. Chiefs has already expressed their concerns since they feel that the executive director of the commission should not be a federal appointee.

At the same time, AFN National Chief Phil Fontaine has spoken out about federal interference in the commission.

According to the CBC, TRC Chief Commissioner Harry LaForme said that he should have the independence to hire the person he thinks is best for the job.



DEVELOPING ECONOMIC DEVELOPMENT

Furthering the advancement of Aboriginal peoples in Canada, the Council for the Advancement of Native Development Officers converged on Montreal for its annual conference

By Amy German

Since 1990, Canada's Aboriginal economic developers have been meeting almost annually to swap strategies on how best to develop economic growth in their communities, support and advise their communities and organizations.

Eighteen years later, Quebec had the opportunity once again to play host province for the 15th annual conference and related events. Put on by the Cree Regional Authority in partnership with the Mohawk Council of Kahnawake, the event took place at the Delta Hotel in downtown Montreal from October 6-8 with a charity golf tournament at the Lafleur Golf Course running prior to the event on October 5.

Who and what it's all about

Consisting of a conference, an annual general meeting, a trade show and various other social activities



geared at forming ties between attendees and presenters, Aboriginals from across the country met, rubbed elbows, talked, listened, learned and recognized achievements.

"It's a little bit special for me to bring all of these people from across Canada to this conference," said Alfred Loon, Quebec Director for CANDO and Economic Development Officer at the Cree Regional Authority.

According to Loon, the event was a great success that brought together engaging speakers and presenters who provided excellent information to the developers.

For Loon, developing local economies is all about facing challenges, finding solutions and being creative about it. In that light, every conference has its own nuances. The 2008 conference had a particular focus on government, youth and technology.

As CANDO's directors mingled with the presenters from the conference and the trade show, one prevailing ideology rang throughout the hotel corridors, a belief that a prosperous economic development of the Aboriginal world is not only possible but all about those with the drive to make it happen.

Retiring from the CANDO board after three terms, Gerri Collins looked back on her experiences with the organization and remarked on how much things had changed over the years.

"The most significant change is structure ---- how we have become more formalized with policies and procedures, developing an improved relationship with the government and every year the conference gets bigger," she said.

Though no longer an acting board member, Collins will remain committed to the organization and said that she will continue to be on hand at the event for years to come.

"Don't worry, they are not going to get rid of me that easily," she said with a warm smile.

Jack Blacksmith, of the Cree Regional Economic Enterprises Corporation (CREECO), was awarded the economic developer of the year

award for his contributions to the Cree communities. Upon winning the award, a painting to go with the prestigious honour, Blacksmith beamed with pride.

"Economic development is very interesting and I find (the conference) extremely helpful for all Aboriginals across the country. This is the only way we are going to have self-sufficiency and employment for our young people and so this is a good way to set that up," said Blacksmith explaining how he felt about his experience at the conference.

Blacksmith could not help but comment on the flurry of networking activity going on throughout the conference and how positive that on its own was because there is such a need for it within the Cree Nation and beyond.

"We can't continue like the old Indian Affairs used to in terms of devoting 98% of funding to social needs and 2% for economic development. It's never going to work and it's going to be a sad situation if it does because of the fact that the Cree people are such a fast-growing population," said Blacksmith.

An economic developer himself in Whapmagoostui, the *Nation's* own Sonny Orr was on hand at the CANDO event.

"I am here because I believe in economic development. I believe in people trying hard and doing their best and succeeding and becoming somebody," said Orr. "These are all of the things that keep me going because I want to be somebody when I grow up, be somebody that people actually like," he went on, joking.

Though the CANDO had quite the bevy of speakers, presenters and entertainers at the event, Orr, like just about everyone else at the conference, could not stop raving about the "impressive" presentations made by the 4th annual youth panel.

"There were very inspiring stories about young people who didn't have very much or had nothing at all and were living on the streets or getting into trouble, being thrown in jail, drug addiction, you name it but they rose above it to become successful business people," said Orr.



photo by Dave Reudelhuber for CANDO





Inspiring youth

The panel consisted of six youths from across Canada who had overcome all odds to develop successful businesses or make outstanding community achievements while also serving as role models for their nations.

Filling in the gaps between the presenters, CANDO brought in actor Nathaniel Arcand, another stellar example of an Aboriginal success story, to act as the panel's moderator.

Arcand, known for his roles in *North of 60*, *Moose TV*, *Grey Owl*, and most recently *CBC's Heartland*, was impressed by all the young speakers.

"They were inspiring stories. I cried a couple of times because they were so heartwarming and touching," confessed Arcand.

One of the six presenters, Travis Badger from the Sturgeon Lake First Nation in Alberta, presented his story on how he was destroyed by addiction but turned his life around to mentor other youth in Edmonton. Utilizing his skills as a fashion designer, Badger is the Fashion Program Coordinator at iHuman, a youth society organization for high-risk and at-risk youth.

"I had everything but I lost it all because of my choices. But I am slowly getting back into everything. The youth society I work at is helping me too. They are giving me their building and their facilities to work there and work with other youth," said Badger.



Since getting sober three years ago Badger has devoted himself to helping the youth in Edmonton get on the fast track to get into fashion careers. Not only does he know the industry, but with his life experience, the youth are more inclined to be receptive.

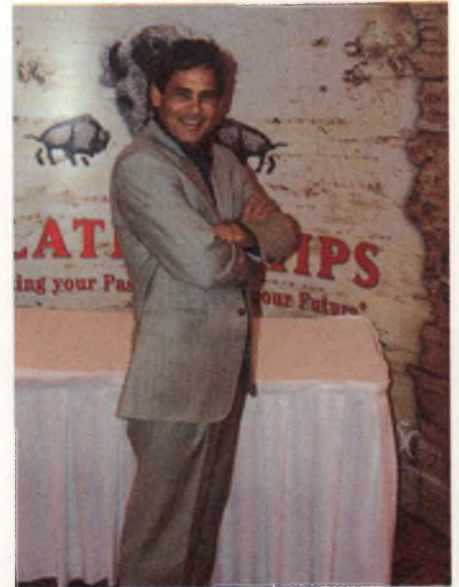
Hailing from the Rainy First Nations of Manitou Rapids in Ontario, Robert Animikii Horton, another youth council presenter, was on the other side of the spectrum from Badger. A social and political activist who is currently working on his MA in Sociology at Lakehead University, Horton has devoted his life to fighting for economic justice for Indigenous communities.

Having experienced economic inequities himself, going from the poverty-stricken reserve where he lived with his mother to another side of his family where it was all about "jet skis, cheerleading and sports," Horton knows the imbalance Aboriginal youth experience all too well.

"We have an inherent responsibility, given that our youth have opportunities such as this to challenge these 'realities' which are perceived as being very static even though they are fluid. They can be changed; we can remake the world every day," said Horton.

Once he completes his MA, Horton hopes to go on to a PhD in Indigenous Governance.

Representing the Crees and Quebec, Mistissini's George Awashish of



Awashish Outdoor Adventures, had the opportunity to present his own success story through the youth panel.

Now a successful entrepreneur, Awashish started up his outfitting company in 2000. Offering world-class fishing tours and other outdoor activities, Awashish managed to make a business out of the Cree traditional lifestyle by turning what was once his childhood playground into a thriving business. In doing so, Awashish was able to preserve the land and the trapline that his family has held for four generations while preserving his lifestyle as a traditional Cree.

"An outfitting business is pretty much the best avenue for my lifestyle. You can look at the Cree traditional activities that we offer, it's not just fishing, we are also out selling our culture," said Awashish.

Trading Wares

Not everyone on hand at the CANDO event was there to represent a First Nations community, there were also others present from the general population who were looking to develop business ties with Aborigines.

Pierre Chevrier from the Société de développement de la Baie James was on hand looking to meet and greet Crees in order to develop better business relationships with those in the communities.

"The CANDO event was pretty much a 'can't miss' for us," said Chevrier in reference to the unique networking opportunities abounding at the event.

Out to flog what can only be described as one of the most ambitious online business ventures in the history of the internet, Roland Bellerose presented his Aboriginal Internet Platform at CANDO.

Describing his product as "the Aboriginal internet within the internet," Bellerose's platform said that it will be like Facebook, eBay, YouTube and Google for First Nations. Though what Bellerose is offering might not be the most tangible product, the new Aboriginal internet platform that he will be launching in early 2009 will serve a large audience and be extremely multi-faceted.

"We will be able to give you the ability, the tools, the applications and the features to go in and do anything in the Aboriginal world. It's something that the media will be able to use, that corporations will be able to use in terms of surveys and information, polling and reaching the community. It is much broader than just networking tools," said Bellerose.

With the Aboriginal population expanding exponentially faster than any other populations in Canada, there is a need for intensive economic development within Native communities and beyond. Luckily there are organizations like CANDO around to promote growth and development for the generations to come.



WILL ON THE GRILL

By Will Nicholls



It's been a long time since I've done a Will on the Grill but when I heard about the Brome Lac Duck Festival I knew it was time. After all the best duck is the one you get yourself. But a close second would have to be the Brome Lac ducks for sheer goodness.

I looked into the festival and found the community of Knowlton, Quebec offering all sorts of goodies and interesting things for the week of September 20-28. The festival includes culinary demonstrations where you can see a duck cooked to perfection and eat it too.

Tasting a new recipe is certainly something that will have you coming back for more and perhaps trying your hand at it too. Of course, all the recipes are made with the world-renowned Brome Lake duck. Other features include a farmer's market, musicians, artists and artisans, and games for children.

For those with a sweet tooth I always recommend honey over sugar so I was happy to see natural honeys at the festival. I sampled two and found the wildflower honey beat out the blueberry one but only by a thin margin. Natural honey is where there is no processing beyond what the bees do. So this type of honey is nature's goodness and when you deserve a treat use a natural honey.

There are about 14 wineries in the area that also participated. A strawberry wine was my personal favourite. It was done by Ferme Nord-vie Enr. I think this

is a winery to keep an eye out for in the future.

One of my fellow travelers, Marek brought a bottle of the dry Frasil strawberry for him and his girlfriend to enjoy. It was recommended that in the summer you could make this into a nice sangria-style drink. It was dry and delicate. Something I would enjoy with a foie gras.

**"I PERSONALLY GUARANTEE
YOU A FLAVOUR EXPLOSION
IN YOUR MOUTH YOU
WON'T SOON FORGET."**

A favourite of mine was the port strawberry wine called Fragaria. It had the subtleties of a grape port with a hint of strawberry that made it truly something crafted for the well-seasoned tastebud. I found it to be quite unbelievable that a port-styled product this nice could come from Quebec. It just goes to show how far Quebec wineries have come. It would be used for desert and I tried it in a chocolate cup.

A third strawberry rhubarb wine was recommended as going with a cheese fondue. After tasting it I agreed with that assessment fully.

A nice apple ice cider was made by Domaine Pinacle. They have really put themselves on the map in Quebec. It was a nice dry cider that tickles the tongue in just the right ways.

I couldn't resist the chocolates by Les p'tits péchés de Madeleine. They were a tasty treat and something that made you wish they would last forever.

Perhaps the best surprise of the show was Les trésors de l'Érable. They made a variety of maple-based vinaigrettes. While great for salads they were wonderful in marinating and cooking your duck. I kept going back for more samples.

If you do one thing this year to add to your culinary-delights recipe book, order one of their vinaigrettes. You will not regret it. I personally guarantee you a flavour explosion in your mouth you won't soon forget. For those looking for something healthy there is no sugar used in these vinaigrettes. They are healthy beyond initial belief.

Also in the show were these great cheeses. I bought two after sampling all the varieties. I really enjoyed the cheese with a subtle hazelnut flavour as well as a wine-dipped cheese. Both were reasonably priced.

Unfortunately I missed the great duck race. Each plastic ducky is numbered and set afloat and there are many prizes to be won, including a Swiss vacation I was hoping to have a chance at.

I would recommend this festival as it is more than just a duck festival. It is an experience in a picturesque town that is overwhelmingly friendly to the weary and not so weary traveler.

I brought back two duck recipes to share.

Seasoned boneless duck breasts with scalloped potatoes

- 4 Dijon mustard & honey boneless Brome Lake duck half breasts (2 packages of 400g each) or substitute 2 full wild duck breasts and halve.
- Mix 1 tablespoon of honey with two of Dijon mustard and brush on both sides of duck breasts
- 4 large potatoes (about 450g in all)
- 250ml poultry or duck stock (duck stock can be prepared with a roasted duck carcass and aromatic garnish such as carrots, onions, bay leaves and thyme)
- 2 twigs of fresh thyme or rosemary
- 2 tablespoons rendered duck fat or any other fat (to sauté the breasts)
- salt and pepper

Peel and thinly slice the potatoes.

Place the potatoes in a roasting pan, cover with poultry or duck stock, add fresh thyme and bake at 180°C (350°F) for 35 to 45 minutes.

Check the potatoes with a fine blade. To enhance the potatoe flavour, you may add a minced onion to the

mixture. 10 minutes before the potatoes are cooked, sauté the duck breasts in a skillet until nicely browned. Add over the potatoes and complete baking in the oven, at 180°C (350°F) for 8 minutes.

Duck Sao Mai

- 300g (approx. 10 oz) Brome Lake duck breast (or wild duck), chopped
- 125ml (1/2 cup) bamboo shoots, drained and chopped
- 2 green onions, chopped
- 15ml (1 tablespoon) water
- 2 drops of sesame oil
- 1 egg
- 1 ml (1/3 teaspoon) sugar
- Pinch of salt or substitute
- Pinch of pepper
- 24 wonton wrappers

Mix all ingredients except wonton wrappers in large bowl.

Stir in one direction to form a sticky paste. Divide into 24 portions.

Place one portion on each wonton wrapper. Brush edges of wrappers with water and seal.

Steam over high heat for 8 minutes.



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LIGHTING THE WAY FOR THOSE NOT HERE

While the number of missing and murdered Aboriginal women in Canada rises, 40 communities across the country remember their spirits

By Amy German

Though the main event occurred earlier during the day in Ottawa, as night fell on October 4, thousands of candles were lit across the country at various Sisters in Spirit vigils to remember the lost souls of Canada's missing and/or murdered women. Sisters in Spirit, a division of the Native Women's Association of Canada, organized both the Ottawa rally and worked in partnership with volunteers to organize the other events across the country.

"Right now, as we speak, our numbers are 509. When we first started it was estimated that there was 500 missing or murdered Aboriginal women and so now we can confirm that yes there are over 500 and it's possibly into the thousands," said Teresa Ducharme, a community-development organizer from Sisters in Spirit.

For the third year in a row, vigils took place across Canada though the first time round there were only 11. Ducharme said the event's increasing popularity gave her hope as it means

awareness is actually being raised and the message is getting through.

"In the big picture I am hopeful that we might one day stop violence against not only Aboriginal women but all women," said Ducharme acknowledging the serious nature of the event and its purpose.

While hundreds had flocked to Ottawa to remind the federal government that action needs to be taken to find the missing and account for the dead, the Montreal event was more intimate and sombre with less than 100 attendees.

As a crowd formed at 7pm at Dorchester Square in downtown Montreal, the Boer War memorial was plastered with posters of the missing and messages of hope for their safe return.

The event unfolded into an unlikely scene for a downtown park lined with the architectural opulence of Montreal businesses, hotels and churches. As urbanites and those visiting from various reserves came together to mourn, speak, shed their tears and light their

candles, a clamour of First Nations children scurried about and hollered as though to tune out the heavy nature of the event.

As candlelight illuminated the faces of those lining the crowd, the event organizer and emcee for the evening, CKUT's Native Solidarity News producer Irkar Beljars, began to introduce the evening's speakers. First up was Elder Skye Bellefleur, who spoke and then blessed the event with a prayer in Cherokee.

Prior to speaking at the event, Bellefleur, a frontline worker at a Montreal shelter for Indigenous men and women, spoke to *the Nation* about why the event was so important to her.

"People have become rootless and lost their connection to each other," said Bellefleur. Working directly with homeless Aboriginals in Montreal has given Bellefleur insight into how well those she sees are coping with the scars from residential schools, marginalization and assimilation, loss of language, culture and land.

"The last three generations have been extremely disconnected from tradition," she went on to say. "You see people who are traveling around. They leave their home communities because there is abuse, alcohol and gangs on the reserves. They don't know where they belong. They end up in the cities where they fall through the cracks," said Bellefleur.

Having worked at the Native Women's Shelter of Montreal, the plight of so many of the marginalized Aboriginal missing who have fallen off the map, touches Bellefleur deeply.

"We are here tonight to remember sisters, mothers, daughters, wives, grandmothers, aunties, cousins, lovers and friends. For many of them their stories will never be told and the questions will never be answered. We can't answer those questions here tonight but we can remember. We can fight for their justice. We can be the voice that they don't have anymore. We can be the conscience that wasn't exercised when they could have been helped and we can make sure that we make the streets safer for women in the future," she said.

Bellefleur also stresses that though the vigil was about the missing and the dead, the families of those women needed to be acknowledged as their suffering continues without knowing whatever happened to their loved ones.

Like many in the crowd, Brigitte Tolley was at the vigil because she had needlessly lost the woman most dear to her in her life, her mother Gladys. Having traveled from her home on the Kitigan Zibi reserve near Maniwaki, Quebec, to Ottawa for the vigil on Parliament Hill and then on to the Montreal vigil, Tolley did so in the name of justice.

"My mom was killed by the police in 2001 so I have been trying to get a public inquiry (into her death) for her. I am just trying to get something going so that we get all the missing Native women some justice," said Tolley.

Many Algonquins had made a similar journey from the Kitigan Zibi Anishnabeg First Nation reserve not just in honour of Gladys Tolley but because in September two teenaged girls – Maisy

Odjick, 16, and Shannon Alexander, 17 – disappeared from the reserve.

Having disappeared suspiciously on September 5, many expressed their fears for the girls and hoped that the search for them maintained its momentum.

Jeff Budge, who had come with his wife, Brigitte Tolley, and their niece Tracy Tolley, felt particularly strong about being present at the vigil.

"This is all coming from our community. It really hits us because (the missing) are people from home. I know those girls and they are young teenagers," said Budge.

His niece Tracy then piped up and said, "This was my first year coming to the vigil and it was not what I expected – it's actually a lot better. This is a good experience for me to support all of these missing women from across Canada. It's very emotional, but like everyone is saying, if we always come, hopefully things will turn out better for us."

Throughout the vigil the names of many missing Quebec Aboriginal women were read out and their memories honored, as a slew of different speakers came, spoke and went. Not all of them were women and not all of them were Aboriginal as the problem is not exclusive to either group but to everyone.

Anne Lagacé Dowson, the New Democratic Party candidate running in the downtown Ville Marie riding, spoke to the crowd. Remarking on how much this event reminded her of the marches in the streets that happened after the 1989 École Polytechnique massacre where 14 women were murdered, Dowson burst into tears while addressing the crowd.

A CBC journalist prior to her political life, Dowson has reported repeatedly on such issues as missing women, violence against women and sexism.

"We know that there is class-based and race-based discrimination here in Canada, in Quebec and in Montreal and that the police tend to turn a blind eye to poor people, people of colour, First Nations People and sex-trade workers. I find it so sad that nothing is being done about it," she said.

"SOME HAVE LOST THEIR
WOMEN, LOST A SISTER,
LOST A COUSIN, LOST A
DAUGHTER AND THAT IS
JUST DEVASTATING. I HAVE
A FIVE-YEAR-OLD NIECE
AND I CAN'T IMAGINE
LOSING HER,"

Dowson was also quick to point out that there are approximately 30,000 homeless people within Montreal's downtown core and that many of them are marginalized Aboriginals.

Amid his own crowd of friends, Concordia University student Drew Pissenault bowed his head in solidarity with those in the audience while holding his candle high. Having heard about the vigil from Native friends, when asked what brought him to the event he responded simply, "How could I not be?"

"My belief is that caring has to start somewhere and if it starts with one person, that is what it is going to take because one person is going to become five and then 10 and then 100s. All it takes is one person to care," said Pissenault.

Standing beside him, his friend Sarah Anderson agreed.

"I am a woman in Canada who has been through violence and I can't sit down and shut up while this is going on. I am a good little Jewish girl who showed up," Anderson said, explaining her presence and how the issue for her transcended racial boundaries.

At the same time, Anderson could not help but acknowledge that if it were her who had gone missing, the effort to find her or bring her justice would be more intense, have more funding and last longer simply based on her ethnicity. Aboriginal women are not extended the same courtesy.

As the event drew to a close, Beljarrs felt elated to have seen the crowd more than double since he organized the 2007 event. But he made a point to tell people

MISSING



IT IS TIME AGAIN FOR FLU

by Louise Pedneault, Program Officer for Immunization, Public Health Canada

It is especially important that you get vaccinated if....

You are at high risk of influenza-related complications:

- people 60 and over
- children aged 6-23 months
- pregnant women and breastfeeding mothers
- people with certain chronic health conditions:
 - diabetes
 - heart or lung problems
 - cancer
 - weakened immune systems
 - kidney disease
 - anemia
- people who live in group homes or Elders homes

You could have influenza if you belong to one of the following groups, because:

- you live in a long-term care facility (household)
- you work in a health care facility
- you are a child in day care
- you are a contact of someone with influenza
- you provide direct care to someone with influenza
- you are a household contact of someone with influenza
- you are a contact of someone with influenza
- you are a contact of someone with influenza
- you are a contact of someone with influenza

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- 4000 – from influenza complications

18 *the Nation* October 24, 2008 www.beesum-communications.com/nation



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Chikâwîniu Aschî

GREEN IS NOT ALWAYS GREEN

BY MANON LEGAULT

Consumers are being “greenwashed” or misled by companies that sell themselves and their products as environmentally friendly.

A few months ago, I saw a commercial that made me really angry. The S.C. Johnson company says that they are making more environmentally friendly products. They have created a program that enables the company to analyze every ingredient they put into their products, and make, they say, “better for the environment” products as a result.

The problem I have with this ad is very simple: Windex, which they say is better now that it's been reformulated, is not environmentally friendly at all. This ad makes you think it is!

Windex is composed of 95% water, 4% isopropanol (alcohol), and up to 1% ethylene glycol, which is not only extremely toxic (it is considered a poison), but tastes sweet to children and pets. Would you call that green?

It's called “greenwashing”. It's the act of misleading consumers regarding the environmental practices of a company or the environmental benefits of a product or service.

Because of this commercial, people will think that S.C. Johnson makes “green products” and buy them. Here's the thing, S.C. Johnson can call its product “green” because they've developed and patented the process they call “Greenlist” and created the label.

In other words, they can tell you any of their products are green because they own the label.

Here are a few ways that you can determine whether a product is green or not:

- When a bathroom cleaner says it's chlorine free but contains other harmful ingredients like formaldehyde, it's not really green. Just because it's less toxic, it doesn't mean that it's not toxic.

- Many products claim they are green without giving consumers any proof. Look for third-party certification. The Ecologo seal from Environment Canada, the Forest Stewardship Council (FSC) or Energy Star are examples of third-party certification. You'll find their logos at the back of certified products. You can also find certified products at: www.ecolabelling.org

- “Chemical free” is vague, not necessarily green. Nothing is free of chemicals. Even water is a chemical. “All natural” is also vague. Many poisons – including arsenic, mercury and formaldehyde – are all natural, but they are still poisonous to us.

- Laundry detergents without phosphates are great, but phosphates have been banned in laundry detergents for years! That claim does not make a laundry detergent green. With concentrated laundry detergents, you put less into the environment, but the amount you put there is still toxic. Again, not green.

The best tools you have to find out if foods or products are really green though?

Take the time to read the ingredients. If there's something you can't pronounce, it's probably not green, and most probably not good for you.

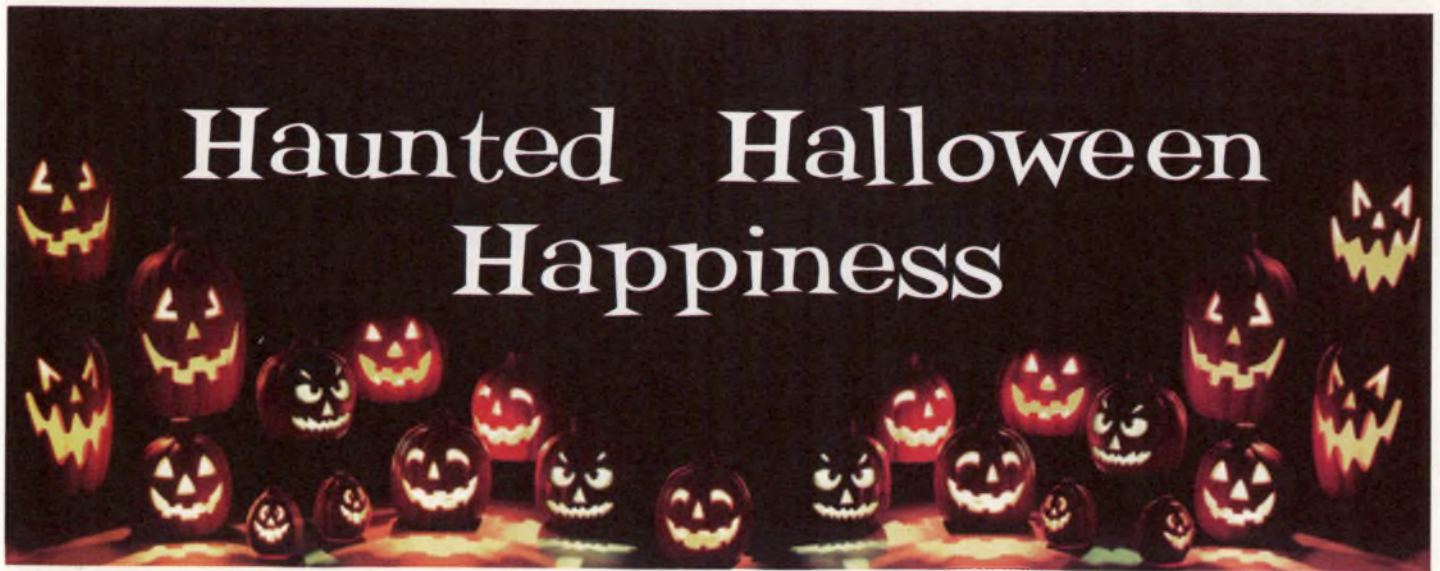
Check out how a product is made or grown. It might be green, but where does it come from? How was it made? How much pollution did it create?

Research, ask questions, compare products.

We lead very busy lives, but it's important to take the time for yourself and for those you care about to find out what you're putting into your body and into the environment.

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Haunted Halloween Happiness

What to be, what to dress your kids up as, what to trick out your home with and how to generally have a good time with Halloween (if you can't figure it out for yourself)

By Amy German

While there are some folks out there who just live for Halloween and all its shrieking bells and twisted whistles, not everyone is Jack the Pumpkin King or Michael Myers at heart... thank god! (Imagine what that would look like?)

If you haven't managed to plan your Halloween fun yet, then read on as *the Nation* is once again rolling out its totally frightening, horrifyingly spooky, downright ridiculous, slightly insulting and most likely half-assed Halloween costume and décor guide.

Last minute costume ideas for little people

While most school-aged children generally know or have an idea as to who or what they want to masquerade as for the big day, it's dressing up the wee ones that can be a bit more of a challenge.

TV and the Movies

If your little girl is a big Dora the Explorer fan, why not dress her up as that. Some orange pants or a skirt with warm leggings under it, a pink t-shirt, white sneakers and a black Cleopatra wig is all this costume will require and her little pals will all know who she is.

For the little lads, Dora's male spin-off counterpart, Diego from Go Diego Go, is also a cheap and easy costume. To dress your little tyke up as this animal-saving adventurer, all that is needed is dark-blue pants or shorts with long johns under them, a light-blue shirt, a beige vest, an orange over the shoulder bag and black shoes. Diego's vest can even be made more to look like the one on the cartoon by simply drawing a pocket on the left side and a circular decal on the right with markers.

Of course, if your little guy is more of an Alvin and the Chipmunks fan, an Alvin, Simon or Theodore costume can easily be fashioned out of an adult's or older child's large, long-sleeve shirt. This costume is great in the sense that lots of warm gear can fit under it and if you are really pressed for time the capital A, S or T can be fashioned out of yellow duct tape so that the shirt can be worn again. Add a matching baseball cap and voilà, instant chipmunk!

If your lass is a big fan of Barbie, a blond wig and a lot of creativity can go a long way. Any pretty pink dress or even a pink jogging suit with lots of Barbie-like blue eye shadow, pink lipstick and just about any style of long blond wig can make for a quick and easy Barbie costume. If she is really a big fan, she will get a lot of use out of the blond wig for sometime to come.

Cheap and Creative Costumes for Everyone

Doing something funny is about the best way to make up for lack of time and effort which is why these easy costume ideas might seem a bit lame but could garner a couple of chuckles.

- You can wear anything you want and attach a doll to the seat of your pants to become a babysitter.
- The gents can glue candy all over themselves to become sugar daddies.
- Anyone can dress completely in pink with a shoe on your head or attached to your outfit to be gum stuck to your shoe.
- Conversely, using the same pink outfit and swapping the shoe for a name tag on your chest that says Floyd will make an instant Pink Floyd costume.
- Cut arm and leg holes in a large clear plastic bag and fill it with multi-coloured balloons to create a bag of jelly beans costume.

- Safety pin a bunch of cheap watches and old jewelry to the inside of your coat to go as a con artist.
- Cut a hole in a white sheet, paint your face white and wear a yellow toque to make an instant fried-egg costume.
- If you have an old formal dress or bridesmaid gown, pick up a white sash or make one out of whatever you have and add a cheap Dollar-Store crown to become “Miss Universe.” You don’t have to limit yourself to “Universe”; Miss Canada, Miss Cree Nation, Miss Val D’Or or even Mademoiselle Québec could be just as easily done.
- A black sweatsuit with either Barbie or Ken dolls glued or attached to it can instantly turn any guy or gal into a Babe magnet.
- Glue single-serving-sized cereal boxes to any outfit and wander around with a (hopefully) plastic knife to become an instant Cereal Killer.
- For a heavy guy with a sense of humour, become a “Recovering Anorexic” by writing exactly that on a plain t-shirt.

Going Political

As politics are on the minds of just about everyone these days, the following costumes could be a real hit at your Halloween Bash!

- If you already have short grey hair and just so happen to have a wretched sweater vest handy, voilà, instant Stephen Harper.
- Dress in a business suit for a man or a power pants-suit for a woman and wander about with a stern, almost robotic look on your face while saying “No,” and “I am sorry but we just do not have the funding for that endeavour at this time,” to be a representative from Indian and Northern Affairs.
- For the ladies (and incredibly brave men who are comfortable with their sexuality) why not go as the political gal everyone is talking about these days, Alaska’s own Vice Presidential hopeful, Sarah Palin! All you need are a pair of rectangular glasses, a brown wig (if your hair is not long enough), a neat little black, red or pink lady’s business suit and, of course, lipstick and you too can be Palin just so long as you remember a couple of key phrases, such as “Drill Baby, Drill,” “Maverick” and “I may not answer the questions the way you or the moderator want...”

Haunting up your House

If you are into home decorating, Halloween is the time to shine when it comes to tricking out the lawn and treating yourself to the kind of silly scariness that is synonymous with this time of year.

As nothing is much spookier at Halloween than a graveyard, why not add a few tombstones to your front yard. Tombstones can be made from Styrofoam or wood and then painted white, grey or black. Adding a few old-school-style crosses fashioned from two boards will also add to the graveyard and they are easier to make. For those who don’t want their graveyard to be so grim, instead of adding names to the crosses, go with other things that are dead, such as “Disco

1972-1979,” “MC Hammer Pants 1990-1992,” or “Affordable Gasoline 1974-2007”.

Another cheap and amusing way to give the exterior of your home a creepy feel is to go for Wicked Witch of the East legs. All you need are some striped socks stuffed with newspaper, some plastic flowers around them near the edge of your house. If you are really morbid, you could add a few smaller sets of socks with tiny shoes for the few random munchkins that the house might have hit accidentally.

As the party will be happening inside rather than outside, it’s easy to get creative when it comes to decorating indoors.

If you can come by small plastic skeletons or plastic bugs such as spiders easily and you just so happen to have quasi-translucent ceiling lamp covers in your home, why not put the skeletons and the bugs behind the lamp covers for a spooky effect. Even lamp shades can be tricked out with cut-out bats placed on the inside of the shade for quick and simple bat shades.

Either indoors or out, acorn squash cats are a cute and simple way to decorate and the kids can even help out with this one. Simply turn the acorn on its side so that the point becomes the nose and paint the squashes black. Fashion ears, whiskers, eyes, noses and tails from black, white and pink construction paper and affix them to the squashes with glitter glue to create some scary, spooky or outright silly craft kitties.

As black-and-orange streamers are synonymous with Halloween parties and fun, why not try this Martha Stewart suggestion --- bat garlands. Though Stewart is no stranger to scary situations perhaps her jail-life experience has only perfected her flair for Halloween. All this fun décor project requires is black tissue paper, scissors, a bat cut-out and tape. Trace or draw the bat cut-out design across the full width of a package of folded tissue paper. Cut along the outline leaving a bit of uncut area at the end of each wing. Unfold, tape together and drape the garland across the mantle, along door frames, across windows or anywhere else they might seem spooky.

Whatever your plans are for this celebrated spooky season, Halloween is one of those few pressure-free holidays -- if you can call it that -- and the object of the day is to have fun. Fun for everyone however should not come at the cost of another individual. If you are going out to a grown-up party, don’t drink and drive. And if you are going to wear a costume that involves a prop weapon, make sure that it’s just that as weapons or sharp objects and tomfooleries simply don’t mix.

Also, for the little ones, make sure that their costumes are not too restrictive and remember that face paint is always a better option than a mask that can obstruct breathing. Make sure that your child’s accessories are also flexible should they trip or fall on the item. For the sake of their own health and habits, despite the fact that kids may come home with an endless supply of candy, remind them that moderation still applies and that too much of any good thing can still be bad for them.

Happy Halloween!

Enrich your life & reach your goals

WITHIN THE CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY!

The CBHSSJB is looking for skilled and qualified individuals to work as future Community Health Representatives (CHRs) within its organization.



Cégep de
l'Abitibi-Témiscamingue



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay



This Attestation of Collegial Studies (ACS) training is open to both men and women and will be offered in English at the CEGEP of Abitibi-Témiscamingue in Val-d'Or.

The new program is officially registered with the Ministry of Education, Leisure and Sports of Quebec (MELS).

The CEGEP of Abitibi-Témiscamingue is committed to providing support to successful applicants in finding lodging for the duration of the program.

The length of the ACS program is 18 months and the capacity per group is approximately 20 students per program.

The following is the schedule for the 3 groups:

- First group: January 2009 to June 2010 (application period: Oct. 10 to Nov. 30, 2008)
- Second group: June 2009 to January 2011 (application period: March 31 to May 15, 2009)
- Third group: January 2010 to June 2011 (application period: Sept. 29 to Nov. 13, 2009)

Register for the CHR training at the CEGEP Abitibi-Témiscamingue and become an accredited Community Health Representative.

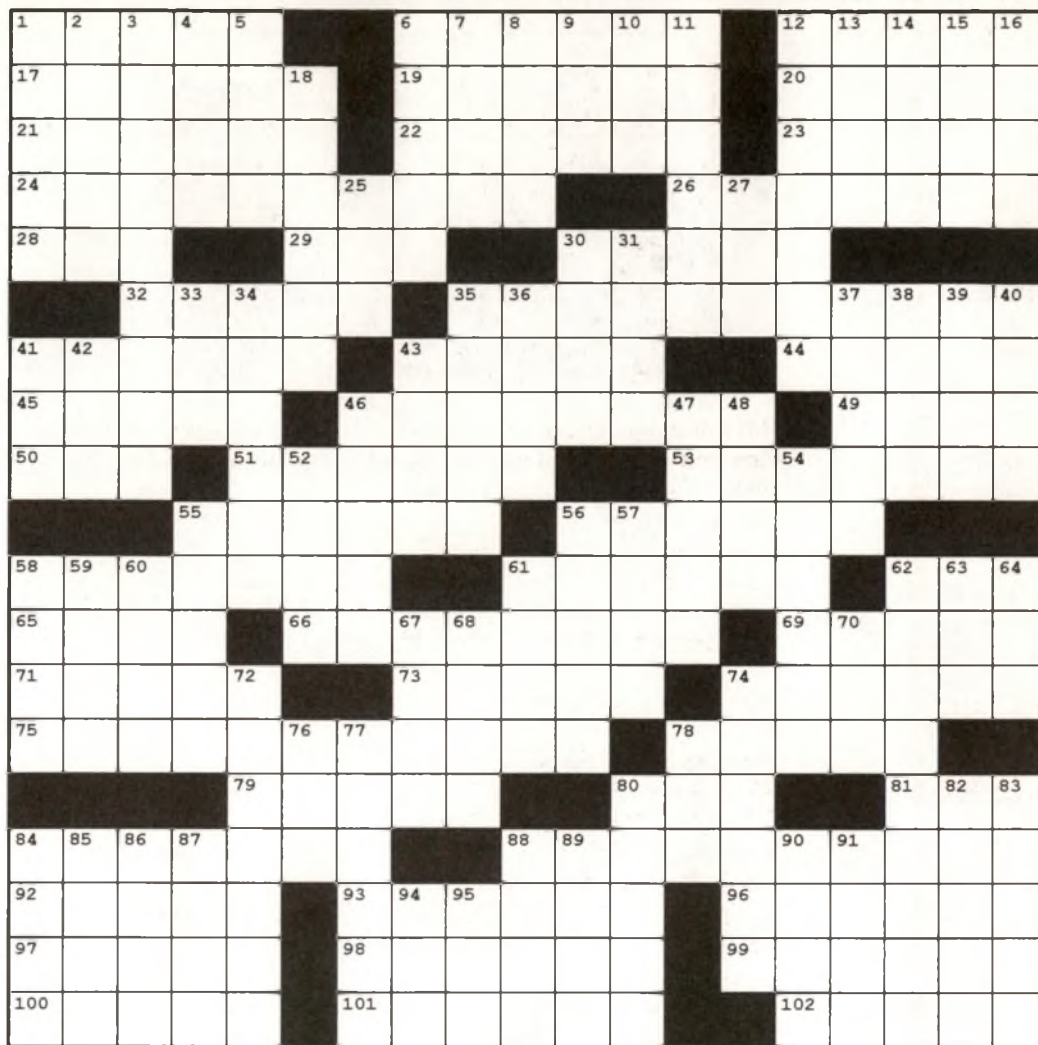
For information or to register for the course please contact:

Francine Noël, RN NP
Nursing Councillor Officer
Department of Human Resources, CBHSSJB
Chisasibi, Quebec J0M 1E0
Tel: (819) 855-2844 ext. 5292
Fax: (819) 855-2680
Cell: (819) 855-5302
Email: francinenoel@ssss.gouv.qc.ca

René Bellemarre RN
Formation continue et Marchés extérieurs
CEGEP of Abitibi-Témiscamingue
525 Blvd. du Collège
Rouyn-Noranda, QC J9X 5E5
Tel: (819) 762-0931 x1221
Toll free: (866) 234-3728
Fax: (819) 762-2071
Email: rene.bellemarre@cegepat.qc.ca

This initiative is made possible through collaboration between the CBHSSJB, the CEGEP of Abitibi-Témiscamingue Val-d'Or Campus, the Cree Human Resources Department (CHRD), the Cree Regional Authority (CRA) and Health Canada's Aboriginal Health Human Resources Initiative (AHHRI).

Halloween Crossword Puzzle



Across

- 1 Black cats and shooting stars
- 6 Fester's family
- 12 Skeleton topper
- 17 Frankenstein's monster, e.g.
- 19 Desolate
- 20 Spooky
- 21 Facilitate
- 22 Soothsayer
- 23 One question at
- 24 Night Gallery Host (2)
- 26 Destroyer
- 28 Actress Meyers (Kate & Allie)
- 29 Batman portrayer Kilmer
- 30 Fred and Barney's alien friend
- 32 Skulk
- 35 Hogwarts' famous student (2)
- 41 Fatal
- 43 Hocus-Focus
- 44 Nemesis of 35A
- 45 Relating to birth
- 46 _____ Bob of the Simpsons

- 49 Peruvian of old
- 50 Exists
- 51 Ryan and Dunne
- 53 Star of Dracula: Dead And Loving It
- 55 Fugitive chasers
- 56 Type of shower or path
- 58 Admonishes
- 61 Anthem singer for the Habs
- 62 Not-too-scary word
- 65 Haunt
- 66 Upright swimmer
- 69 Touch up
- 71 Come to pass
- 73 One of Donald Duck's nephew
- 74 Inspected
- 75 Residents of 1313 Mockingbird lane (2)
- 78 Marky's cereal
- 79 Wand-lighting spell
- 80 Body and Soul actor Steiger
- 81 Tubing material
- 84 Magician who died on October 31, 1926
- 88 Scary guy in a hoodie (2)

- 92 Crocodile rock rocker
- 93 Creature From the Black _____
- 96 TV's Mistress of the Dark
- 97 Like the picture of Dorian Gray
- 98 Strains
- 99 Broken bone supporters
- 100 _____ From the Crypt
- 101 Fiddle _____ - _____!
- 102 Blades

Down

- 1 The Phantom's House
- 2 Castle
- 3 Wipe out
- 4 Red Halloween treats
- 5 Red tag event
- 6 Bubbling in a cauldron
- 7 That _____ Cat!
- 8 In _____ (dressed for Halloween)
- 9 Laboratory discharge
- 10 Blanc of Looney Tunes
- 11 Dwarf with allergies
- 12 Shrimps and scallops

- 13 Pacific salmon
- 14 Oddball wizard of fiction
- 15 Shade of green
- 16 Evil glance
- 18 "It" girl Lady Victoria

- 25 Slurp
- 27 Vain one
- 30 Grey, in Gatineau
- 31 Angel qualifier
- 33 Intake standard, briefly
- 34 Mama Cass _____
- 35 Brother of Poseidon
- 36 Millenia
- 37 Feature of a Scottish accent
- 38 Sunbathes
- 39 _____ signum
- 40 Sorrel
- 41 Forensic Test
- 42 Q-tip target
- 43 Take heed
- 46 The Sixth _____
- 47 Chilled (2)
- 48 Like the world of sports
- 52 Laments
- 54 Cabaret
- 55 _____-scarum
- 56 Scary actor Karloff
- 57 Trick
- 58 Blemish
- 59 Every
- 60 Author of The Witching Hour
- 61 Forbidding
- 62 Playing like Charlie Parker
- 63 Horse population, some-times
- 64 Like 13
- 67 Vocalist
- 68 Cultivates
- 70 Skeleton's order: a beer and a _____
- 72 Judgments
- 74 Men of the clergy
- 76 Woman of the clergy
- 77 Did like the Cheshire cat
- 78 Lily, to Eddie
- 80 Flush
- 82 Brink
- 83 Uncouth
- 84 The _____ Is On
- 85 Freaks actress Baclanova
- 86 Monthly expense
- 87 Finished
- 88 Downie of the Hip
- 89 Habit
- 90 She, in Sorel
- 91 Fired up
- 94 Lizzie Borden's weapon
- 95 _____ whiz!

The answers will be in the next issue of the Nation.

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Getting it right

Dear Mr. Nicholls,

In your issue of August 29 (Vol. 15, No. 21), an article by Sonny Orr entitled "Assessing the Assessment" states that the audit report of the GCC(EI)-CRA revealed that "the salary for the executive members ranged from \$164,309 to \$321,808." To highlight this point a similar statement was made in capital letters as a subtitle to the article.

Please note that the audit reports the total costs of the various offices of the GCC(EI)-CRA and does not reflect the actual remunerations paid solely to the elected officials of these organizations. The numbers reported in the audited statements thus include expenses related to support personnel and related expenditures.

Please note that the remuneration of the Chariman and Vice-Chairman of the GCC(EI)-CRA are determined through by-laws of the CRA publicly disclosed, debated and voted upon at the General Assembly of the CRA. Indeed, at the General Assembly a by-law for this specific purpose was tabled and approved by public vote. Your reporter attended this General Assembly.

Under these by-laws, the Chairman of the GCC(EI)-CRA is paid in accordance with a scale varying from \$122,988 to


\$152,985 while the Vice-Chairman is paid in accordance with a scale varying from \$104,990 to \$134,987. The incumbents in these offices are also entitled to the same allowances, holidays and most other working conditions as those provided to employees of the CRA under the approved employee benefit policies applicable to our organization.

Please note that these remuneration scales for the Chairman and Vice-Chairman were established upon recommendations from the well-known firm of Mercer which specializes in compensation determination issues. Mercer analyzed compensation offered in other similar organizations for similar responsibilities and effected its recommendation based on its independent studies.

I trust your magazine will correct the information contained in your issue of August 29, since we are aware that your erroneous reporting is being used to discredit our organizations as well as the Grand Chief and Deputy Grand Chief and their offices.

Thank you,
Matthew Swallow
Treasurer
GCC(EI)-CRA

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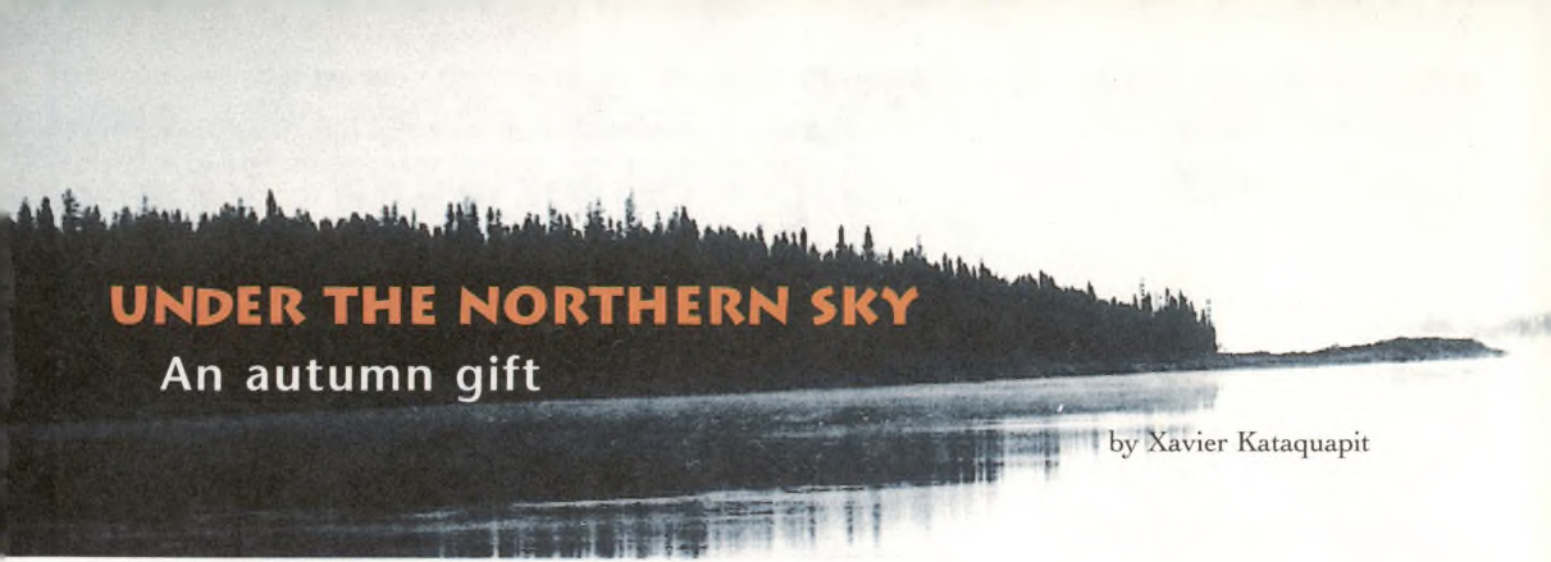


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UNDER THE NORTHERN SKY

An autumn gift

by Xavier Kataquapit

I spent some time at the cottage this past week to enjoy the outdoors, the changing landscape of fall colours, cooler temperatures and the absence of biting insects. The autumn is a great time to be outside in the fresh sweet air. This was my time for sitting by a fire, breathing in the cool air and watching the forest creatures prepare for another winter.

The little cottage has some big picture windows looking out towards the lake. As I walked up to the glass to enjoy the view I noticed something on the ground outside. The lifeless body of a brown partridge lay near the window. I quickly went to retrieve it. I marvelled at this beautiful bird with its soft brown plumage. It blended in with the grass.

Immediately I realized that this was in a way a gift for me. I picked it up and noticed that it was still very fresh. There were no markings on it. No other animal had disturbed it and no insects had discovered it.

A non-Native friend of mine was with me and we talked about what to do with the dead partridge. We had watched these beautiful birds many times in the woods nearby. On our walks, these birds would rustle up the leaves as we went close to them, yet they would be totally invisible in the dense brush, layers of leaves and wilted vegetation. Sometimes, as they stood just a mere few feet away, it would be difficult to spot them.

I suggested that the best thing to do would be to make a meal. My traditional Cree culture has given me some background in life on the land from my Elders and parents. I knew that the respectable thing to do for any animal that has died is to consume it. Many Elders have passed on to me stories of famine where any small amount of food was considered a source of nourishment. They instilled in me and other young people the knowledge that it is a terrible thing to waste any kind of food. There are few greater offences in our culture than to throw away a healthy food source.

My non-Native friend accepted my invitation for dinner and I ended up with the task of preparing the bird for our supper. I turned the woodshed into a butcher shop and began plucking the bird. I sat down with some old clothes and placed a few plastic bags to catch all the feathers. It was

a small bird but the practice was no different than plucking the feathers off a full-sized goose. I had done this many times in the spring with my family.

Sitting in the cool forest, surrounded by cut and split fire logs and doing something that was so familiar, brought me back to my family hunting grounds near Attawapiskat. I thought of mom sitting by an open fire inside a wigwam, her legs covered in plastic with a goose on her lap and her hair pulled back and adorned in a light scarf. She was usually surrounded by her sisters or our Kookoom (grandmother). They would skillfully and effortlessly pull away feathers as they reminisced about their adventures when their family lived in the wilderness. Bannock would bake on sticks around the fire, a pot of strong tea would be suspended on a wire over the flames and the smell of fresh pine boughs filled the wigwam.

After carefully plucking away the feathers of my partridge, I went ahead with the task of gutting the bird. It was the same practice as gutting a goose which mom had shown us. After carefully removing all the organs, I trimmed the feet, wings and head. When I was done, I was left with a small-sized bird that resembled a fresh chicken bought from the store.

I stuffed the bird with a mixture of fried onions, blueberries and crumbed dry bread. The meal was simple and it was similar to a recipe that mom had made for me many times when I was a child. I roasted the bird with a little water, some spices and a whole lot of diced potatoes. The meal was great.

I am not much of a hunter anymore. I haven't used any type of firearm for years now. Instead I use my hunting skills to try to capture an image of a bird or four-legged animal with my camera when I am in the outdoors. I still try to spend as much time in the wilderness as I can but I don't often have the occasion to enjoy those wild meals and recipes I had back in Attawapiskat. So it is with much respect that I can say thanks or Meegwetch to Pee-Neh-L (partridge), for giving me some much appreciated taste from the wilderness and I never had to fire a shot.

CLASSIFIEDS

BIRTHS

Feedback: births I would like to congratulate to my sister Sharon Diamond and her boyfriend Corey on the new arrival of their baby boy Layden Richard Steve Louttit born in Val-d'Or on September 24 weight 8 pounds 2 ounces, a baby brother for boodoo Layla (an jab weh). Once again congratulations! From Darlene, Alayna Joy, And Anthony Boy. (wask)

BIRTHDAYS

We would like to wish our daddy Corey-Lee Louttit a happy 20th birthday on October 9! May your day be as special as you are and many more to birthdays to come! We hope you enjoy your day especially with us. We love you so much and we always will, from your only daughter Layla and your only son Layden boii

Birthday greetings going out to Corey-Lee Louttit on the 9th of October. A 20th birthday celebration for you! Hope you enjoy your day with your kids and I love you so much words can't describe how much I love you because you and your kids are my everything and mean the world to me. Once again happy 20th birthday and enjoy! Much love from your Sharon

xxHAPPY BIRTHDAYxx On October 23,2003, a very special boy was born in Chibougamau. His name is Rahiem Midnite-Starr. A.K.A. "Boyh". Happy 5th birthday Rahiem and many more to come! Wow 5 years old, you're growing up fast. Be strong, one day you'll be bigger and stronger to make your own decisions on where you can go and where you can't. When that day comes you'll be more than welcome

to come back home where we will be happy again. Eh goudeh!? Happy Birthday, we miss you so much and love you so dearly. Just like your book says "Love You Forever". From: Gordon, Nancy and Amanda xxxx

I'd like to wish a Happy Birthday to my dad Freddie Atsynia on October 11. I love you so much and many more birthdays to come. With Love from your daughter Rachel in North Bay. XOXOXO

ANNIVERSARIES

I would like to wish Jack and Barbara a happy 9th anniversary on October 8 and many more anniversaries to come! Don't forget I'm always here for you no matter what. I love you guys so much! Take care and the kids too. Love always, Annie Diamond

I would like to wish a happy anniversary to my brother Jack Diamond and his wife Barbara D Hester on October 8. Well its been 9 years guys, so how's your marriage life? Still having fun? Many more years to come! from Darlene, Alayna Joy and Anthony boy. (wask)

Happy Birthday to Rachel Crowe on October.21.2008 I miss you kiddo I love you so much have fun on your birthday lol Don't remember her age too many cousins hehe love you! Heather NineOclock (mist)

Happy 5th birthday to my baby sister Shannon Daisy Mary NineOclock on October.22.2008. Wow! time goes by so fast I miss it when you were a baby! Enjoy your day Squeeshee! love you! Heather NineOclock (mist)

I would like to wish a happy anniversary to my brother Jack and his wife Barbara D Hester on the 8th of October

IMPORTANT NOTICE HAVE YOU GOT FREE LAUNDRY SERVICES IN YOUR SENIOR RESIDENCE?

If you or your relatives have not received free of charge laundry services in your elder home, you are probably entitled to a substantial compensation, possibly more than \$ 5,000.

To receive it, you only need to mail a form available in the courthouse, in the residences involved and at :

www.larochelleavocat.com

www.avocatcharronbl.ca

If you need help, please contact :

Me Philippe Larochelle
338, St-Antoine East #300
Montréal (Quebec) H2Y 1A3
Phone : (514) 866-3003
Fax : (514) 866-2929
Email : chsld@larochelleavocat.com

Me Bernard Luc Charron
280, St-Jean St.
Quebec (Quebec) G1R 1P1
Phone : (418) 204.6639
Fax : (418) 204.6689
Email : avocatcharronbl@videotron.ca

and many more to come. Hope you have a very special day. It's been nine years now and still going, keep up the love bro! lol love you from your namesake and baby sis Sharon

I would like to wish happy 9th anniversary to Jack and Barbara on October 8 many more anniversaries to come. Don't forget I'm always there for you, and I will always love you From Darlene, Alayna Joy and Anthony boy. (wask)

PERSONAL MESSAGES

I would like to thank Dreamcatcher Fund for sponsoring me when I travelled to Duncan, British Columbia for the North American Indigenous Games in August, 2008. I played on the Juvenile Girls Basketball team for Team Ontario. It was a good learning experience. Jenna Kapashesit, Moosonee, Ontario.

PUBLIC SERVICE ANNOUNCEMENTS

Where to get help: bilingual, anonymous, confidential and free phone services, 24 hours a day, 7 days a week.

Kid's Help Phone Line:

1-800-668-6868 (www.kidshelp-phone.ca)

Youth helpline:

1-800-263-2266

(www.teljeunes.com)

Parent helpline:

1-800-361-5085 (www.parenthelpline.ca)

Drugs: help and reference:

1-800-265-2626 (www.drogue-aiderference.qc.ca)

Gambling: help and reference: 1-800-265-2626 (www.info-reference.qc.ca)

S.O.S. Conjugal Violence:

1-800-363-9010 (www.sosviolence-conjugale.com)

Health and Sexuality resources center:

1-888-855-7432 (Monday to Friday, 9 am to 5 pm) (www.criss.org)

Gay Helpline:

1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal:

1-866-403-4688. (www.nwsm.info)

Residential School Survivors:

A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: <http://www.afn.ca/residentialschools/resources.html>.

the Nation celebrates its 15th Anniversary

One of the first independently owned and operated Aboriginal newspapers in Canada is turning 15 years old!

We are proud to announce that *the Nation* will be celebrating its 15th anniversary on November 21, 2008.



We have witnessed many changes in the last decade and a half, within both our organization and the Cree community at large. Our magazine has continually remained contemporary alongside evolving technology, fashion, culture, politics, government and the environment.

There's no doubt that times are changing. We have been there through it all, the good and the bad, to bring you the news you want and need to know. We have always made it our #1 priority to report the news with the utmost of integrity and objectivity. Feedback

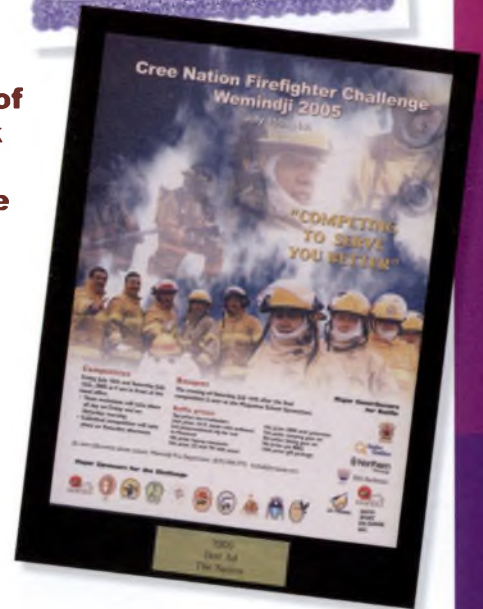
from our readers and multiple community newspaper awards speak for themselves. Moreover, we are just getting started!

We have designed several award-winning ads for our clients. Choose *the Nation* and get the best eye-catching ad for your money!

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Deadline to book your ad space for the 15th Anniversary Special Issue: Monday, November 3, at 5pm.

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 Cree Board of Health and Social Services of James Bay